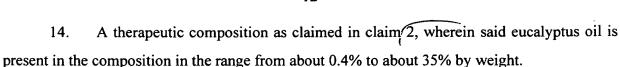
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## Claims

- 1. A therapeutic composition comprising: arnica, rosemary oil and emu oil.
- 2. A therapeutic composition as claimed in claim 1, wherein said composition further comprises eucalyptus oil.
- 5 3. A therapeutic composition as claimed in claim 1, wherein said composition further comprises an alcohol.
  - 4. A therapeutic composition as claimed in claim 1, wherein said composition further comprises camphor.
  - 5. A therapeutic composition as claimed in claim 1, wherein said arnica is arnica montana.
  - 6. A therapeutic composition as claimed in claim 1, wherein said arnica is arnica chamissonis foliosa.
  - 7. A therapeutic composition as claimed in claim 5, wherein said arnica montana is present in the composition in the range from about 3% to about 35% by weight.
  - 8. A therapeutic composition as claimed in claim 7, wherein said arnica montana is present in the composition in the range from about 4% to about 10% by weight.
  - 9. A therapeutic composition as claimed in claim 8, wherein said arnica montana is present in the composition to about 5% by weight.
- 10. A therapeutic composition as claimed in claim 1, wherein said rosemary oil is present in the composition in the range from about 3% to about 35% by weight.
  - 11. A therapeutic composition as claimed in claim 10, wherein said rosemary oil is present in the composition to about 13% by weight.
  - 12. A therapeutic composition as claimed in claim 1, wherein said emu oil is present in the composition in the range from about 0.5% to about 37% by weight.
- 25 13. A therapeutic composition as claimed in claim 12, wherein said emu oil is present in the composition to about 1.2% by weight.

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- 15. A therapeutic composition as claimed in claim 14, wherein said eucalyptus oil is present in the composition in the range 0.7% by weight.
- 16. A therapeutic composition as claimed in claim-4, wherein said camphor is present in the composition in the range from about 2.6% to about 35% by weight.
  - 17. A therapeutic composition as claimed in claim 16, wherein said camphor is present in the composition to about 3.8% by weight.
    - 18. A therapeutic composition as claimed in claim 1, wherein said alcohol is ethanol.
  - 19. A therapeutic composition as claimed in claim 18, wherein said ethanol is present in the composition in the range from about 3% to about 85% by weight.
  - 20. A therapeutic composition as claimed in claim 19, wherein said ethanol is present in the composition to about 65% to about 68% by weight.
  - 21. A therapeutic composition as claimed in claim 1, wherein said composition further comprises a fragrance.
  - 22. A therapeutic composition as claimed in claim 1, wherein said composition is used by applying it to the skin and massaging the part applied.
  - 23. A therapeutic composition as claimed in claim 1, wherein the formulation is a cream, gel, ointment, milk, lotion or solution.
- 20 24. A therapeutic composition as claimed in claim 1, wherein the formulation applied to the skin in a spray, tincture, or solution in an alcoholic solvent.
  - 25. A method of preparing a therapeutic composition comprising the step of:
  - (a) mixing arnica, rosemary oil and emu oil.
- 26. A method of preparing a therapeutic composition as claimed in claim 25, wherein said arnica and rosemary oil are first mixed together for a predefined period.

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- 27. A method of preparing a therapeutic composition as claimed in claim 26, wherein after said predefined period has elapsed, the emu oil is mixed with said mixed arnica and rosemary oil.
- 28. A method of preparing a therapeutic composition as claimed in claim 26.

  5 wherein said predefined period is from about 8 to about 12 minutes.
  - 29. A method of preparing a therapeutic composition as claimed in claim 27, wherein the emu oil is mixed with said mixed arnica and rosemary oil is mixed for a further 16 to 24 minutes after said predefined period has elapsed.
- 30. A method of preparing a therapeutic composition as claimed in claim 25, wherein said method further comprises the step of:
  - (b) mixing eucalyptus oil to said arnica, rosemary oil and emu oil mixture.
  - 31. A method of preparing a therapeutic composition as claimed in claim 30, wherein said method further comprises the step of:
    - (c) mixing a fragrance to said mixture of step (b).
  - 32. A method of preparing a therapeutic composition as claimed in claim 30, wherein said method further comprises the step of:
    - (d) mixing an alcohol to said mixture of step (b).
  - 33. A method of preparing a therapeutic composition as claimed in claim 32, wherein said alcohol is ethanol.
- 20 34. A method of preparing a therapeutic composition as claimed in claim 32, wherein step (d) is performed for about 40 minutes.
  - 35. A therapeutic composition comprising:

    arnica in the range of about 3% to about 8% by weight;

    rosemary oil in the range of about 3% to about 13% by weight;

    emu oil in the range of about 3% to about 5% by weight; and
    a carrier medium.



- 36. A therapeutic composition as claimed in claim 35, wherein said carrier medium is an alcohol.
- A therapeutic composition as claimed in claim 36, wherein said alcohol is ethanol.
- 38. A therapeutic composition as claimed in claim 35, wherein said therapeutic composition further comprises eucalyptus oil in the range of about 3% to about 8% by weight.
- 39. A therapeutic composition as claimed in claim 36, wherein said therapeutic composition further comprises camphor in the range of about 2.6% to about 8% by weight.
  - 40. A therapeutic composition comprising:

    arnica in the range of about 3% to about 8% by weight;

    rosemary oil in the range of about 3% to about 15% by weight;

    emu oil in the range of about 3% to about 8% by weight;

    eucalyptus oil in the range of about 3% to about 8% by weight;

    camphor in the range of about 2.6% to about 3.4% by weight; and
    ethanol in the range of about 72% to about 80% by weight.
- 41. A therapeutic composition as claimed in claim 40, further comprising a fragrance in the range of about 1.5% to about 3% by weight.
- 42. A method of treating a sports related pain or arthritic comprising the steps of applying to the skin where the pain affected area, a composition as claimed according to any one of claims 1 to 24 or claims 35 to 41.

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